



# SEPTEMBER 2011

LIFE/RUN Hours of Operation



Monday through Thursday

7:30 a.m. to 6:00 p.m.

Web: [www.liferun.org](http://www.liferun.org)

facebook.com/liferunlubbock



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	We provide Citibus Transportation for programs attended at the Center.			1	2	3
4	5 Center Closed 	6 Cooking Class Heart Healthy 10:30 - 12:00  Crafts Class Ceramics 1:00 - 3:00	7 Exercise Class Sit 'n' Fit 10:30 - 11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	8 Reading Group With David 1:30 - 3:00 Pilot Meeting for Your Input	9	10 Traumatic Brain Injury Support @ LIFE/RUN 10:00 a.m.- 1:00 p.m.
11 	12 Community Services for the Deaf AT Presentation 1:30 - 3:00 Rolling Queens 2:30 TOPS Meeting 5:00	13 Benefits Planning with Stacey Levrets, Imagine 11:00 - 12:30 DARS Counselors @ LIFE/RUN	14 Wii Exercise Class 10:30 - 11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	15 Craft Class 1:30 - 3:30	16	17 The West Texas Native American Association Meets the 2nd Saturday of the Month at 6:30. Call Darlene for more Information @ 795-5433, ext. 106
18	19 Center Closed for Staff Development	20 Center Closed for Staff Development	21 Exercise Class 10:30 - 11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	22 Cooking Class 10:30 - 12:00  Peer Support Getting Started in Making Changes 1:30 - 2:30	23 First Day of Autumn!  Native American Day	24
25	26 TOPS Meeting 5:00	27 CAC Meeting 10:30 - 12:00  Movie Day 1:30 - 3:30	28 Wii Exercise Class 10:30 - 11:30 ASL Class 1:30 - 2:30 Computer Class 2:30 - 3:30	29	30	